

Belief in Karma as a Basis for Mental Health in the Psychological Background of Indians

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Karma is the action itself. Health is of two types physical and mental. From pre-Vedic times, man has always sought mental and physical well-being. In the Vedic period, they assumed that one's behavior was a factor in his life. Then they pointed out the results of religious actions as *Iṣṭhāpūrta*. The Brahmins have pointed out the *Yāga* as a religious act to move with the Brahman at the end of life. The Buddha and Jain Mahavira Karma have been shown in different ways in the ideologies of the *Śramaṇa* tradition. Jains always accepted *Pubbekatahetu*. But Buddha accepted Karma as one of the factors affecting the life of an individual. However, the fact that one gets the results of one's own actions helps in building a person's mental health. Karma is essential to existence. But Karma is generally classified into two categories, bad and good. A person's actions lead to the classification of Karma. In Buddhism, all negative thoughts are unwholesome or black Karma. Before someone does something, he/she concentrates on doing it. Because the result of Karma comes back. In thinking to prevent unwholesome Karma or actions, one's mental process can be protected from mental illness. On the one hand, the fear of negative Karmic consequences is most helpful in forming the ethical basis of the thought pattern. On the other hand, belief in karma is more helpful in personality formation. This idea is wrong in the all-action concept of Jain determinism. However, karma is not only a teaching of Asians but also a more important psychological path. That is the most important discussion here.

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